

DALEVIEW

2018-2019

STROKE AND TURN CLINIC & STROKE AND TURN PLUS



Stroke and Turn Clinic is back at PBES Pool with Coach Emily Rawson and Coach Wallmo this 2018-2019 season. SNT meets for 28 Sundays around the MoCo school schedule.

Stroke and Turn PLUS is a program is for the swimmer who wants to have an extra day a week program, but is not interested in the full intensity of a USA Swim Club, nor the desire to participate in the large swim meets. Participants must swim legally in 3 out 4 strokes and will be timed regularly with a focus on technique, starts and turns and small aerobic sets. SNT+ meets for 56 sessions, Sundays and Tuesdays, around the MoCo school schedule.

Both options are a great opportunity to improve stroke and maintain skills over the winter.

Stroke and Turn Sundays Only — *NOTE NEW START TIMES*

The cost: \$280 for the season, 28 sessions on Sundays.

SNT Session 1 - 4:00 PM: Eight and under and new nine year olds—MINIMUM AGE IS 5-YEARS-OLD. Limit to 50 swimmers.

SNT Session 2 - 5:00 PM: Ten and up and returning nine year olds. Limit to 60 swimmers.

Stroke and Turn Plus—Sundays and Tuesdays:

The cost: \$500 for the full season, 56 sessions (Sundays and Tuesdays)

SNT +: Sundays (either session) and Tuesdays 6-7pm. Limit to 24 swimmers. MINIMUM AGE IS 8-YEARS-OLD.

REGISTRATION:

<https://daleview.swimtopia.com>

Note: Daleview Summer Swim Team members should register using their existing Swimtopia account. Participation in SNT is independent to Daleview's membership or summer swim team program. All swimmers are welcome.

QUESTIONS:

Daleviewstrokeandturn@gmail.com

SNT and SNT+ 4-5 pm (8 & under) SNT and SNT+ 5-6 pm (9 & older)	Stroke and Turn PLUS 6-7 pm (all ages)
Sun, Sept. 30, 2018	Tues, Oct. 2, 2018
Sun, Oct. 7, 2018	Tues, Oct. 9, 2018
Sun, Oct. 14, 2018	Tues, Oct. 16, 2018
Sun, Oct. 21, 2018	Tues, Oct. 23, 2018
Sun, Oct. 28, 2018	NO TUES S&T OCT 30
Sun, Nov. 4, 2018	Tues, Nov. 6, 2018
Sun, Nov. 11, 2018	Tues, Nov. 13, 2018
Sun, Nov. 18, 2018	Tues, Nov. 20, 2018
NO SUN S&T NOV 25	Tues, Nov. 27, 2018
Sun, Dec. 2, 2018	Tues, Dec. 4, 2018
Sun, Dec. 9, 2018	Tues, Dec. 11, 2018
Sun, Dec. 16, 2018	Tues, Dec. 18, 2018
NO S&T WINTER BREAK	SUN DEC 23 —TUE JAN 1
Sun, Jan. 6, 2019	Tues, Jan. 8, 2019
Sun, Jan. 13, 2019	Tues, Jan. 15, 2019
Sun, Jan. 20, 2019	Tues, Jan. 22, 2019
Sun, Jan. 27, 2019	Tues, Jan. 29, 2019
NO S&T THIS WEEK	SUN FEB 3 & TUE FEB 5
Sun, Feb. 10, 2019	NO TUES S&T FEB 12
Sun, Feb. 17, 2019	Tues, Feb. 19, 2019
Sun, Feb. 24, 2019	Tues, Feb. 26, 2019
Sun, March 3, 2019	Tues, March 5, 2019
Sun, March 10, 2019	Tues, March 12, 2019
Sun, March 17, 2019	Tues, March 19, 2019
Sun, March 24, 2019	Tues, March 26, 2019
Sun, March 31, 2019	Tues, April 2, 2019
Sun, April 7, 2019	Tues, April 9, 2019
Sun, April 14, 2019	Tues, April 16, 2019
NO S&T SPRING BREAK	SUN APR 23—TUE APR 23
Sun, April 28, 2019	Tues, April 30, 2019
Sun, May 5, 2019	Tues, May 7, 2019
NO SUN S&T MAY 12	Tues, May 14, 2019
Sun, May 19, 2019	Tues, May 21, 2019